

What can you do if someone hurts you with Sex Abuse?

You can say "No" with a loud voice. You can say you don't like sex abuse.

You can try to run away.

You can tell a friend or a caretaker or a doctor.

You can call the Sexual Assault Centre at **780/423-4121** and they will talk to you about sex abuse.

No one should hurt you with sex abuse.

You are not to blame.

There is help for people who have been hurt by sex abuse.

Call the sex abuse hotline at 780/423-4121.



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Donations gratefully accepted.

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Sexual Assault Centre of Edmonton

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Business line: **780/423-4102**
T.T.Y. (Telephone Device for the Deaf) line:
780/420-1482
fax: 780/421-8734
info@sace.ab.ca

24 hour crisis line: 780/423-4121
www.sace.ab.ca

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sex abuse survivors

plain language



Sexual Assault Centre of Edmonton

- ~ providing crisis intervention
- ~ public education
- ~ counselling

www.sace.ab.ca

What is Sex Abuse?

Sex abuse is when someone touches you in a way that you do not like and you have not said 'yes' to.

They might touch your private parts.

They might make you touch their private parts.

They might kiss you.

They might take off your clothes and look at you when you are naked.

They might have sex with you.

Sex abuse is also when someone talks about sex and you do not like it.

They might ask to have sex with you.

They might talk about your private parts.

They might talk about their private parts.

They might talk about having sex with you.

They might talk about having sex with other people.

It is not Sex Abuse when someone touches you to help you.

They might touch your private parts to change your diaper.

They might take off your clothes to help you have a bath.

They might look at you naked because they are a doctor and they are trying to see why you are sick.

Who might hurt you with Sex Abuse?

It might be your family.

It might be your caregivers.

It might be your doctors.

It might be your friends.

It might be your foster parents.

It might be your teachers.

It might be strangers.

It might be anyone.

No one is allowed to hurt you with sex abuse.

How does Sex Abuse make you feel?

You might feel ashamed and think it is your fault.

It is not your fault.

You might feel afraid that the sex abuse might happen again.

You might feel afraid that no one will believe you about the sex abuse.

You might feel sad that someone you love would hurt you with sex abuse.

You might have bad dreams.

You might start to drink alcohol or do drugs.

You might stop eating, or eat all the time.

You might think that you want to hurt yourself.